



Irving Recreation Center Camp Energy Newsletter

Summer 2011

Week 5 (June 27—July 1)

IMPORTANT REMINDERS:

- Our camp rules are “Be safe. Be respectful. Be responsible.”
- Pack a sack lunch for your child. Microwave use will not be an option.
- Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.
- Leave valuables at home (including money, portable video games, etc.)
- Label your sunscreen with your camper’s name.
- Do not hesitate to ask when you have questions or comments.



THIS WEEK’S ENERGY THEME: FOOD LABELS

Now that we’ve learned that Healthy Foods are the best fuel for the body, we might wonder how to find and choose healthier foods. Think about all the foods we eat—how can we know what’s in them? Well, it’s not as hard as it sounds. All packaged foods have food labels. In addition to all the fun recreation activities we are going to do this week, we are also going to explore what we can learn by reading food labels so we make sure to give our bodies the best fuel possible!

THIS WEEK’S HIGHLIGHTS

Monday

Swimming and Tennis today! Tennis and rotations in the morning and swimming from 11:30-1:00 at Irvingdale Pool. Various recreation activities in the afternoon.

Tuesday

Tennis is scheduled in the morning. We will be doing rotations in the morning as well as going to Irvingdale Park to do outdoor activities.

Wednesday

Today we will be swimming from 11:30-1:00. Don’t forget swimsuits. Our theme this week is Outer Space. We will be playing space related games as well as making UFO’s for craft time.

Thursday

Today is our field trip day, and we will be going to Solid Rock Gymnastics. We will be picked up from the center at 1:15 and will return from Solid Rock around 3:30.

Friday

Movie Day! We will be doing various activities throughout the afternoon, including Disc Golf and a craft.

Fitness Focus: Muscular Strength and Endurance

PAYMENT REMINDER

Payment for Weeks 5—8 (June 27—July 22) is **due Friday, July 1**. Irving Recreation Center accepts cash, check, and credit/debit card payments.

